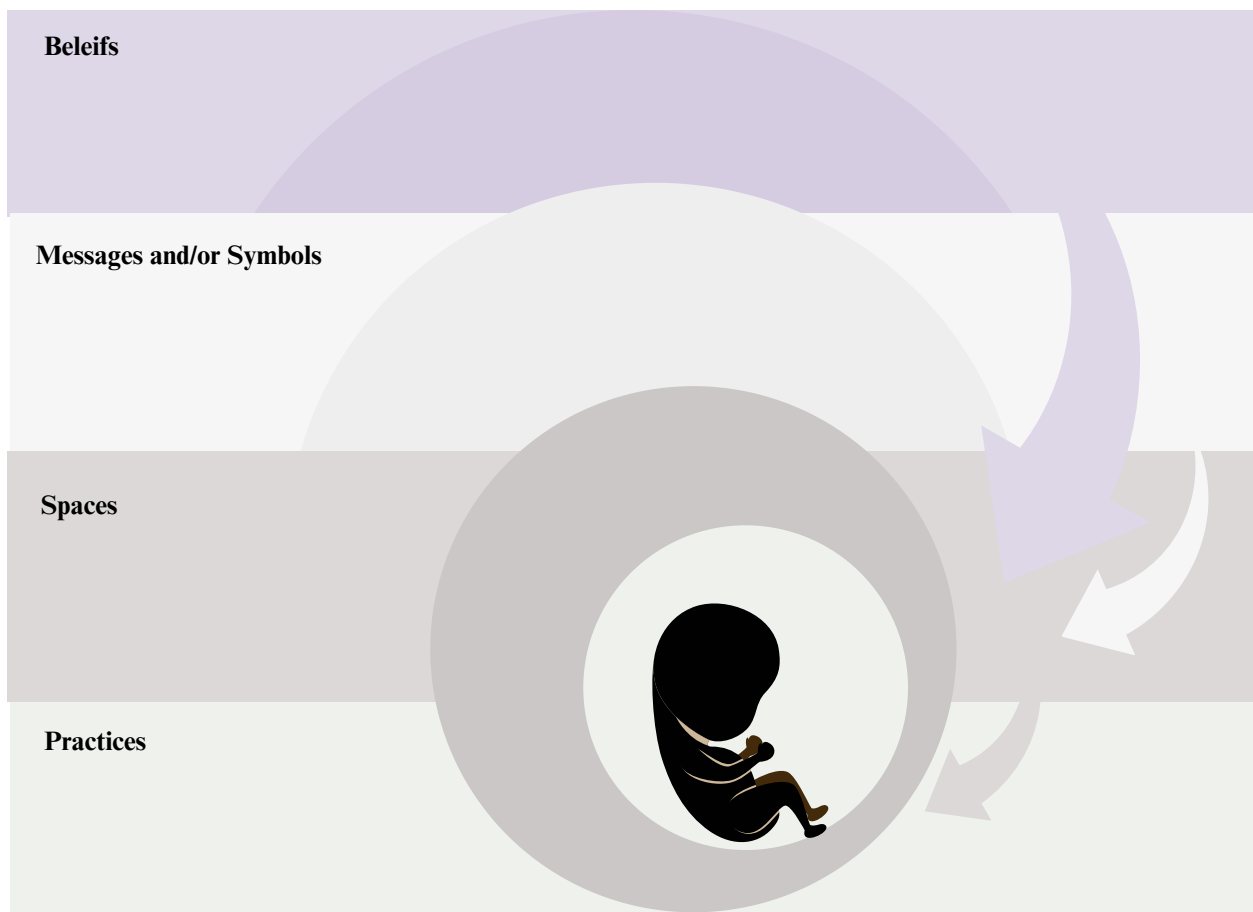


DREAM SYSTEMS OF CARE

- **Systems of Care** are structures and an interconnected network that maintain and heal us so we can exist in our best possible state.
 - **Tools of Care:** Beliefs, messages, symbols, spaces, and practices that aim to maintain an ethic of love, affirm and value, and continue a journey of healing.
 - **Belief:** Belief in the idea that we are interconnected beings and we should honor our relationship to all life, human and nonhuman.
 - **Message:** *You are loved and you are whole!*
 - **Symbol:** Images of the divine feminine, presence of both masculine and feminine images connected and in community with each other.
 - **Spaces** A space where an individual feels affirmed, valued, and cared for.
 - **Practices:** High use and varied forms of healing to address psychological, physical, and spiritual wounds. For example, the use of prayer and meditation, sound baths, fasting, singing and humming.
- Reference: Beth Greenhough, Gail Davies, and Sophie Bowlby. (2023). *Why 'cultures of care'?*, Social & Cultural Geography, 24:1, 1-10, DOI: 10.1080/14649365.2022.2105938
- Use the empty boxes below to practice dreaming up tools of care in your life, community, and organization.





REFLECTION POINTS

- Take a minute or two and **ASK YOURSELF**: In what ways can tools of care create beliefs in ourselves? What are some of those beliefs we may see?

- Take a minute or two and **ASK YOURSELF**: In what ways can tools of care maintain our best possible state?

- Take a minute or two and **ASK YOURSELF**: In what ways can tools of care support us in healing? What are some behaviors you may exhibit that can be healing to yourself or others?

- Take a minute or two and **ASK YOURSELF**: What are some practices you may be doing to support you in using your own tools of care?